



Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Kent County, MD

Guidelines for Recreationally Caught Fish Species in Maryland Fresh, Estuarine, and Marine Waters

Recommended Meal Size: 8 oz or 9 crabs - General Population and Women; 3 oz or 4 crabs - Children

Note: Consumption recommendations based on spacing of meals to avoid elevated exposure levels, fish contaminated

1 **Women** = women of childbearing age (women who are pregnant or may become pregnant, or are nursing)

2 **Children** = all young children up to age 6

♥ = Fish contains more than 1g beneficial fatty acids in a fillet the size of 2 decks of cards

✖ = Fish where all dark meat and/or Belly Fat has been removed, this leads to a reduction in PCB contamination

Contaminant present in fish: * Mercury Δ PCBs + Pesticides ♦ PFOS

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Atlantic Croaker	Mid Bay: Patapsco to Upper Patuxent and	Δ	4	4
	Upper Chesapeake Bay and Tributaries	Δ	4	4
Black Crappie	Millington Wildlife Management Area	*	4	4
Blue Crab	Back River, Middle River or Patapsco River	Δ	6	6
	Other Areas of the Bay	Δ	No Limit	No Limit
Blue Crab "Mustard"	Back River, Middle River or Patapsco River	Δ	Avoid	Avoid
	Other Areas of the Bay	Δ	Eat Sparingly	Eat Sparingly
Brown Bullhead	Chester River	Δ	No Limit	No Limit
	Mid Bay: Middle to Patapsco	Δ	5	5
Channel Catfish	Chester River < 20"	Δ	6	5
	> 20"	Δ	1	1
	Sassafras River	Δ	2	2
Large and Smallmouth Bass	Millington Wildlife Management Area	*	3	3
	Urieville Community Lake	*	No Limit	No Limit
Rainbow Trout and Golden Rainbow Trout (Hatchery Raised)	All Hatchery Raised fish stocked in Anne Arundel County, Allegany County, Baltimore City, Baltimore County, Calvert County, Carroll County, Caroline County, Cecil County, Charles County, Frederick County, Garrett County, Harford County, Howard County, Queen Anne's County, Montgomery County, Prince George's County, Washington County, Wicomico County, and Worcester County	Δ	No Limit	No Limit
	<p>**For more information on put-and-take fish see https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas</p> <p>**For more information on Special Management Areas-Trout see https://www.eregulations.com/maryland/fishing/special-management-areas-trout</p>			
Spot ♥	Chester River	Δ	5	5
	Mid Bay: Middle to Patapsco	◊	2	2
	Mid Bay: Patapsco to Upper Patuxent and	◊	3	3
	Sassafras River	Δ	5	5
	Upper Chesapeake Bay and Tributaries	◊	3	2



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		General Population	Women ¹	Children ²
Striped Bass (Rockfish) ♥	Mid Bay: Patapsco to Upper Patuxent and Tributaries	< 28" Δ ✗	No Limit	No Limit
		< 28" Δ	3	3
		> 28" Δ ✗	No Limit	No Limit
		> 28" Δ	1	1
	Upper Chesapeake Bay and Tributaries	< 28" ◊ ✗	7	6
		< 28" Δ	3	3
		> 28" ◊ ✗	7	6
		> 28" Δ	1	1
Sunfish (including Bluegill)	Millington Wildlife Management Area	*	No Limit	No Limit
White Catfish	Chester River	Δ	8	7
	Mid Bay: Middle to Patapsco	Δ ◊	6	5
White Perch	Chester River	◊	6	5
	Mid Bay: Middle to Patapsco	Δ	5	4
	Sassafras River	Δ	2	2
Yellow Perch	Chester River	Δ	No Limit	No Limit